

News FROM

# Ehlers

## TEST KITCHENS



SUMMER '78

Dear Ehlers Customer,

Thank you for writing to us for our free Ehlers basting brush and coupon offer. We hope you use the coupons throughout the summer for your outdoor fun!

We have included some recipes using our featured summer-related products. Have yourself a picnic with these tempting ideas from Ehlers Test Kitchens and enjoy "The Great Taste of Summer".

Yours sincerely,

*Tina Cassel*

Tina Cassel  
Product Planning Manager

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Encl.



### Skewered Beef Aloha

1 pkg. Ehlers Meat Marinade Mix  
2/3 cup water  
1/4 cup orange juice concentrate  
1 tbsp. soy sauce  
1 8-oz. can pineapple chunks  
1 lb. beef, cut into 1 1/2" chunks  
2 med. green peppers, seeded & sliced  
3 med. onions, sliced, 1/2" thick  
1 8-oz. pkg. mushrooms  
rice

In a medium sized roasting pan, combine Ehlers Meat Marinade Mix with water, orange juice, soy sauce and the juice from the can of pineapple. Blend well. Skewer beef and vegetables, rotating one after another. Place skewers in marinade and baste. Marinate in refrigerator 15-30 minutes.

Barbecue Method: Barbecue skewers on grill until desired doneness, basting occasionally with remaining marinade mixture.

Oven Method: Place skewered beef in a shallow roasting pan and place under broiler. Baste with marinade occasionally. Turn when browned on one side, continue to cook on other side until done.

Serve over your favorite rice. Serves 6.  
Suggestion: Heat remaining marinade and pour over skewered beef and rice.

### Lo-Cal Dip

1 pint plain yogurt  
1 pkg. Salad Pride Italian Salad Dressing Mix  
1/8 tsp. crushed red pepper  
Vegetables:  
2 carrots, cut in strips  
1 green pepper, seeded and cut in strips  
4 stalks celery, cut in strips  
1/2 head cauliflower, broken into flowerettes

Combine yogurt, Salad Pride Italian Salad Dressing Mix and red pepper in a serving dish and blend well. Refrigerate 30 minutes. Arrange vegetables on a platter and serve with dip.

### Chicken Salad at the Waldorf

2 cups chicken, cut into small pieces  
1/2 cup mayonnaise  
1 tsp. Ehlers Seasoned Salt  
1 tsp. chopped onion  
1/8 tsp. Ehlers Black Pepper  
2 tbsp. slivered almonds  
3 tbsp. coconut, shredded  
3 tbsp. raisins

In a medium sized mixing bowl, combine chicken and remaining ingredients. Blend well. Serve on a bed of lettuce accompanied with a fruit salad or dollop of cottage cheese.

### Tangy Barbecued Chicken

2 1/2-3 lbs. chicken, quartered  
2 cups tomato puree or sauce  
1/2 cup vinegar  
1 tsp. brown sugar  
2 tsp. mustard  
1 tbsp. fresh lemon juice  
1 tsp. Worcestershire sauce  
1 tbsp. Ehlers Barbecue Chicken Seasoning

Barbecue Sauce: In a medium sized mixing bowl, combine tomato puree, vinegar, sugar, mustard, lemon juice, Worcestershire sauce and Ehlers Barbecue Chicken Seasoning. Blend well.

Oven Method: Arrange chicken in broiler pan. Place pan 7" from broiler heat, so that chicken broils slowly. Broil 30 minutes on one side; turn, brush with barbecue sauce, then broil 15 to 20 minutes until nicely brown, basting occasionally.

Charcoal Grilled: Arrange pieces on grill when coals are glowing. Grill slowly, turning with tongs and basting with barbecue sauce for about 30 minutes. Serves 6.

### Almost German Potato Salad

6 cups potatoes  
6 slices bacon  
1 pkg. Ehlers Salad Pride Onion Salad Dressing Mix  
1/2 cup vinegar  
1/2 cup vegetable oil  
2 tbsp. water

Peel and cook potatoes. When potatoes are luke warm, cut into thin slices. Slice bacon into small pieces and fry over medium heat until crumbly and light brown. In a small saucepan, combine Ehlers Salad Pride Onion Salad Dressing Mix with remaining ingredients and heat, but do not boil. Pour over warm sliced potatoes and toss lightly. Salt and pepper to taste. Top with hard boiled eggs, olives, etc. Serve warm or cold. Serves 8.

### Zesty Potato Salad

6 cups potatoes, cooked  
1 cup sour cream  
1/2 cup mayonnaise  
2 tbsp. vinegar  
2 tbsp. Ehlers Freeze-Dried Chives  
1/2 tsp. Ehlers Ground White Pepper  
1 tsp. Ehlers Garlic Powder  
1/2 tsp. Ehlers Onion Powder  
2 tbsp. onion, chopped  
1 stalk celery, finely chopped  
1 1/2 tsp. salt

Slice potatoes into 1/2" pieces. In a large mixing bowl, combine remaining ingredients and blend well. Add potatoes and toss gently until well blended. Chill several hours before serving. Top with hard boiled eggs, radishes, pickles, etc. Serves 8.